Utah Physical Education

Grade 1

Adopted 2016

Students will achieve a level of competency in motor skills and movement patterns.

1. **Hop, gallop, jog and slide, using a mature pattern.** 1.1.1
2. **Demonstrate two of the five critical elements for jumping and landing in a horizontal and vertical plane, using two-foot take-off and landing.** 1.1.2
3. **Combine locomotor and non-locomotor skills in a teacher-designed dance.** 1.1.3
4. **Demonstrate twisting, curling, bending, and stretching action.** 1.1.4
5. **Maintain stillness on different bases of support with a variety of body shapes.** 1.1.5
6. **Transfer weight from one body part to another, using self-space in a movement environment.** 1.1.6
7. **Roll with either a narrow or curled body shape.** 1.1.7
8. **Catch a soft object from a self-toss before it bounces.** 1.1.8
9. **Catch various size balls when self-tossed or tossed by a skilled thrower.** 1.1.9
10. **Toss underhand, demonstrating two of the five critical elements of a well-developed pattern.** 1.1.10
11. **Dribble continuously in personal-space using preferred hand.** 1.1.11
12. **Tap a ball using the inside of the foot while walking in general space.** 1.1.12
13. **Approach a stationary ball and kick it forward, demonstrating two of the five critical elements of a well-developed pattern.** 1.1.13
14. **Volley an object with an open palm, sending it upward.** 1.1.14
15. **Strike a ball with a short-handled implement, sending it upward.** 1.1.15
16. **Jump forward or backward consecutively, using a self-turned rope.** 1.1.16
17. **Jump a long rope up to five times consecutively with teacher-assisted turning.** 1.1.17

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Students will apply knowledge to attain efficient movement and performance.	1. **Move in personal space and general space while participating in activity or dance.** 1.2.1 2. **Travel demonstrating low- and high-level relationships with objects (e.g., over, under, around and through).** 1.2.2 3. **Differentiate between fast and slow speed in open space.** 1.2.3
Students will understand the components necessary to maintain a healthy level of fitness to support physical activity.	1. **Discuss the benefits of being active and exercising.** 1.3.1 2. **Actively engage in physical activity during class.** 1.3.2 3. **Identify the heart as a muscle that grows stronger with exercise, play, and physical activity.** 1.3.3 4. **Differentiate between healthy and unhealthy foods.** 1.3.4 5. **Describe how proper hydration is important when participating in physical activity.** 1.3.5
Students will develop cooperative skills and positive personal behavior through communication and respect for self and others.	1. **Accept personal responsibility by using equipment and space appropriately.** 1.4.1 2. **Follow rules and parameters of the learning environment.** 1.4.2 3. **Accept personal feedback from teacher.** 1.4.3 4. **Work independently and with others in a variety of class environments.** 1.4.4 5. **Follow procedures for class activities.** 1.4.5 6. **Follow directions for safe participation and proper use of equipment without teacher reminders.** 1.4.6
Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate social skills with friends and family.	1. **Identify physical activity as a component of good health.** 1.5.1 2. **Recognize that challenges in physical activity can lead to success.** 1.5.2 3. **Describe positive feelings and personal reasons for enjoying physical activity.** 1.5.3 4. **Discuss the enjoyment of participating in activities with others.** 1.5.4